

IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

Appl No. : 10/737,018 Confirmation No. : 5591
First Named Applicant : David Munson
For : METHOD AND APPARATUS FOR PHYSICAL FITNESS
TRAINING
Filed : December 16, 2003
TC/A.U. : 3764
Examiner : Richman, Glenn E.
Customer No. : 23380

**AMENDMENT AND RESPONSE
TO RESTRICTION REQUIREMENT**

Mail Stop Amendment
Commissioner for Patents
P.O. Box 1450
Alexandria, VA 22313-1450

Sir:

The one month period for responding to the Restriction Requirement of January 25, 2007, expired on February 25, 2007. Accordingly, Applicant respectfully requests and petitions that the response date be extended one-month, up to and including, March 25, 2007. Payment of the \$60.00 extension fee for a small entity is transmitted herewith.

In response to the Restriction Requirement of January 25, 2007, please amend the above-identified application as follows:

Amendments to the Claims are reflected in the listing of claims which begins on **page 2** of this paper.

Remarks/Arguments begin on **page 7** of this paper.